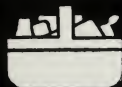


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FOODS FOR ELDERLY PEOPLE

CONSUMER TIPS > >

(Information from Bureau of Home Economics, USDA)

GENERAL RULES

1. Elderly people use less energy - need fewer calories.
Plan diets to keep down excessive weight - burden on heart, danger to health.
2. Elderly people need full amount of minerals & vitamins.
Don't cut out protective foods: milk, fruit, vegetables, Vitamin B-1.
3. Food should be easy to eat & digest. Avoid rich fat mixtures, foods requiring hard chewing - steaks & roasts.

FOODS TO SERVE

CT-70

1. MILK: 2 or 3 cups a day - liquid or in soups, custards.
2. RAW FRUITS & VEGETABLES: One serving or more a day. Tomatoes, oranges, grapefruit, green cabbage, salad greens. Good for Vitamin C. May be chopped or juiced.
3. LEAFY, GREEN, OR YELLOW VEGETABLES: One serving or more a day. Good for Vitamin A. Easier to eat if cooked. May be chopped fine or sieved - for soups or purees.
4. EGGS: One a day, if possible; or 3 or 4 a week. Good for iron, protein, vitamins. Should be soft cooked.
5. LEAN MEAT, POULTRY, FISH: No specified amount. Finely chopped meats, poultry, fish are easier to eat.
6. CEREALS AND BREAD: One or 2 servings whole-grain cereal products enriched white bread. Good for calories, Vitamin B-1, iron. Whole-grain products contain rest of B vitamins.